

LITTLE
BIG
THINGS

BUSHRA SHAIKH

PREFACE:

The main purpose of writing this book is that I have been observing the society and I have noticed some issues which are very annoying and very small but cause huge devastation in our lives. I have researched all the issues which are illustrated in this book by myself. Some incidents are experienced by myself.

There are certain things in life which we think are very small but they aren't so small. This book deals with social issues which all of us face in our day to day life. Sometimes we are judged by others or we judge someone, sometimes we forget to be happy with whatever we have (i.e. we are not satisfied) etc.

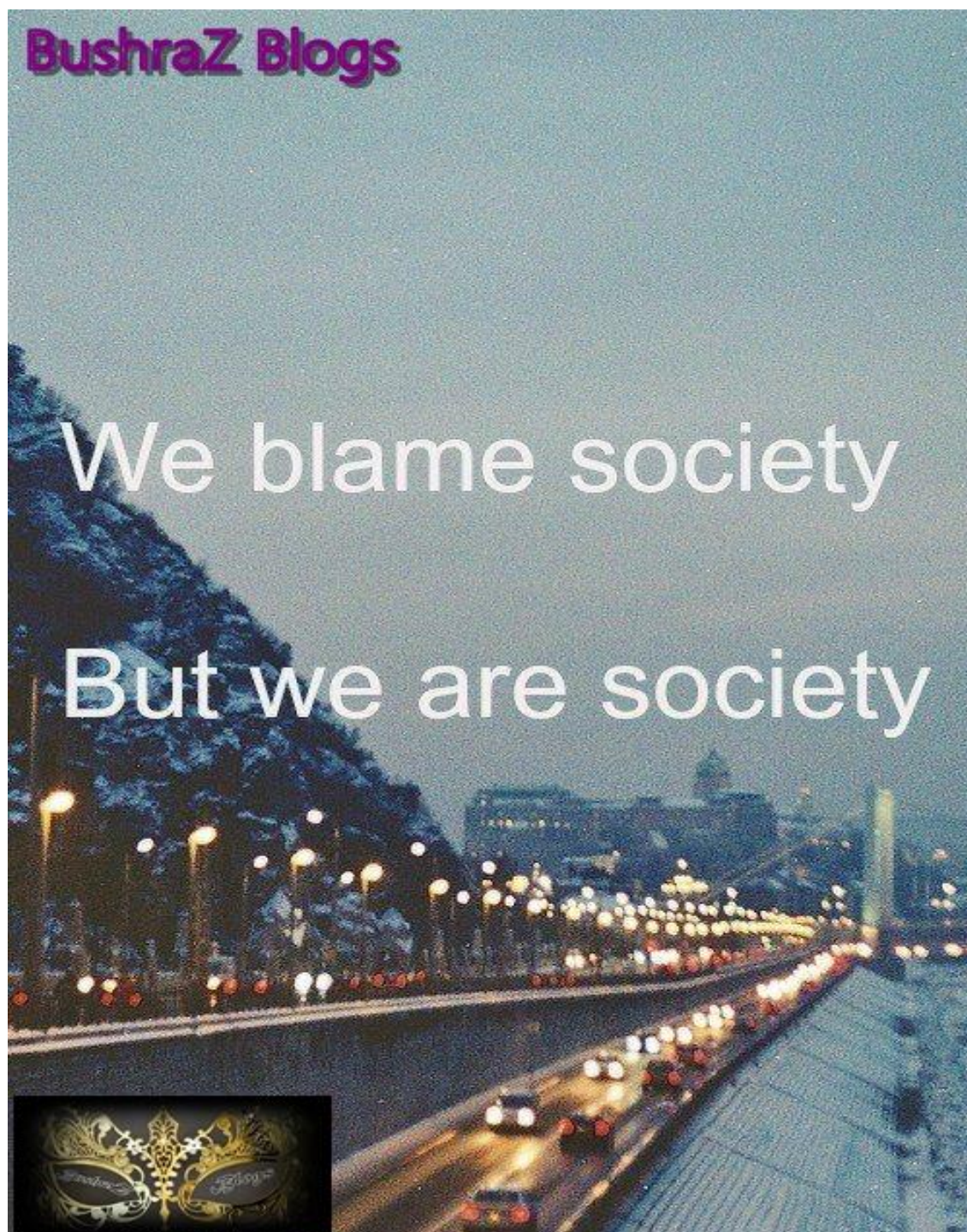
I have written different topics and each topic contains detailed information plus some remedies. It's really important for all of us to understand and solve those issues which we are facing or change ourselves if we are creating problems for others.

I know I can't change the world but I'm trying my best to do whatever I can.

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Chapter 1: We Blame Society but we are society:



Finance is not merely about making money. It's about achieving our deep goals and protecting the fruits of our labour. It's about stewardship and, therefore, about achieving the good society. Robert J. Shiller

Don't you think it's funny that we blame society for everything but we never see ourselves? Before blaming society try to look at your own self. What are you doing? Try to avoid those things which you want to eliminate from the society. I love Mahatma Gandhiji's this quote "Be the change you want to see in the world". If you really want to change the world try to change yourself, change your thinking, change your perception. If at least one person tries to change him/herself it can make a huge difference.

We all say that the society needs a change but we never think that how will society change if we never change ourselves. There are lots of small things which we can do to make a change. Start from your home. The very first and crucial thing you should do is to give respect to your parents, your wife/husband, your children, your neighbour, etc... Don't judge others, help others, help your neighbours, and don't backbite about others. Try to change the way you think.

These are some common things which we say about society

Negative people:

Negative people are everywhere. In fact, the ratio of negative people is more as compared to positive. We all tell others to stop being negative but most of us are somewhere negative thinkers. We need to change this attitude.

#Feel free to be yourself:

Everybody hates fake personality right? But when someone tries to be real or freely express his/her opinion people or the society call him/her counterfeit. This is a major downgrade of the society that needs to be changed.



#Envy

The biggest and the major disparaged thing about the society is Jealousy. People say we are not jealous of anyone but everybody has this envy factor in their mind. I know it's impossible to eliminate this factor but at least we can try to make a change.

#People are like crabs:

Crab here means “When a person tries to reach up the other pulls him down”. We see this thing happening everywhere now. I'll give you example of this. Well, a friend of mine was a businessman. His business was growing very fast and he was achieving success expeditiously. His brother destroyed his reputation by backbiting and telling false shit about him in the market. His own brother destroyed his business. Why did he do that? Just to be more successful than his brother. Success has become so important that people do not care about relationship anymore.

#Humanity is just another word from the dictionary:

Nowadays humanity is just a word nobody nowadays are humane. Everybody talks about it but nobody practices it. My brother was standing outside a restaurant with his friends and he saw a man beating his wife and daughter badly in public. Nobody tried to save the women and her daughter instead of helping them everybody took their phones and started making video of that incident. My brother was devastated he came home and apprised me the incident I asked him why didn't you try to help them? He said before he could reach to that man. The man took his daughter and wife in his car and went away. Is this humanity? Do you think it is good to make video of someone who is in need of help?

#Hypocrites are everywhere:

Well, I don't have to say it everybody knows this that hypocrites are everywhere. I have read this quote somewhere “All are not saints, who go to church” and I guess it suits the society very well.



#Everything is never enough:

Well nowadays everyone wants more money, new gadgets etc. nobody's happy or satisfied with whatever they have everybody's just running behind something which not so valuable.

I know writing all these will not change anything but I'm just trying to bring a small change. My brother reported this incident to me that he was in front of his college gate a boy came on his new bike. He was driving so fast that when a speed breaker came he wasn't able to control the speed so he fell down. Everybody gathered there and instead of asking that boy "are you hurt?" people were asking him oh my gosh your bike is new. Did your bike have any dent or scratches please check it?

"In a society that has destroyed all adventures; the only adventure left is to destroy that society."

Chapter 2: Little bit things...

It's the
little things
in life



BushraZ Blogs



“Happiness is the art of never holding in your mind the memory of any unpleasant thing that has passed.”

What is happiness?

Well, everyone’s answer to this question will be different. Some will say their happiness is money, some will say things, some will say travelling, reading, singing, dancing etc. etc.... the list goes on and on.... But I think happiness is peace of mind. If we have everything except peace we won’t be happy because money can’t buy peace.

The research suggests that happiness is a combination of how satisfied you are with your life (for example, finding meaning in your work) and how good you feel on a day-to-day basis. Both of these are relatively stable—that is,



Our life changes and our mood fluctuate, but our general happiness is more genetically determined than anything else. The good news is, with consistent effort, this can be offset.

Perfect happiness is a beautiful sunset, the giggle of a grandchild, the first snowfall. It's the little things that make happy moments, not the grand events. Joy comes in sips, not gulps. -Sharon Draper

Happiness doesn't mean we should get big surprises, huge gifts, foreign trips or anything big. Happiness can be found in any small things. We feel happy when someone says a good thing about us, when we get just one flower from our loved ones or when we visit a beautiful place we feel



happy.

“The small things of life were often so much bigger than the great things . . . the trivial pleasure like cooking, one’s home, little poems especially sad ones, solitary walks, funny things seen and overheard.”

— Barbara Pym

Don’t chase big things. Don’t look for bigger surprises. Focus on little things “Sometimes, little things make a big difference...” Now, I’m not saying happiness doesn’t come in small or big sizes, but happiness can come from the little tranquil activities that we do on a day-to-day basis. Don’t ever take them for granted. Every day is a gift from God, and the only way to properly enjoy His gift is by appreciating every little thing in life that brings us joy.

Happiness is something everyone wants to have. You may be successful and have lots of money, but without happiness, it will be meaningless. Being grateful for the little things is a unique skill to not only be content with your life but also to be less dependent on the outcome of external



circumstances.

It was the million tiny little things that, when I added them all up, meant everything to me.

“A good life is a collection of happy moments.” – Denis Waitley
Stay victorious! Stay Happy!

Chapter 3: Cursed is the one who treats his mother or father badly...

I know some of you might find this particular topic irksome but I'm writing on this topic because I have been observing how grownups treat their parents.

Parents love their children infinitely but children don't love them the same way nowadays. I believe kids these days have no clue what gems they have in their parents who actually care about them and who are there for them no matter what.



One of my neighbour awfully disrespect his mother. I keep hearing loud voices from their house the women keep crying and her son uses awfully foul language.

It's been a year since they moved in our neighbourhood. After a month or few that woman became my mother's friend. I was surprised to hear that her son uses offensive language for her. I wonder how many people behave like this with their parents.

I know parents sometimes can be little annoying but we need to control our temperament. Because when we were little our parents took care of us in all possible way. I have observed that there are two types of people.

1. When men get married they change, they give importance to their parents only and ignore their wives completely.
2. The other type is that they give importance to only wives and forget their parents.

Life is really complicated but if a person balances it properly he can manage everything and anything. The relationship between children and parents are very delicate I mean when parents become old they are just like a small child. They get hurt easily. But remember one thing if they (parents) get hurt you as their child can convince them easily. There are sometimes when we become angry and we talk rudely with our parents. If this happens to you please apologies to them immediately. They get hurt easily and they forgive easily. No one in this world forgives you as faster as your parents. All the grownups should keep one thing in mind the way you treat your parents today, your children will treat you the same way in future.

“A CHILD WHO IS ALLOWED TO BE DISRESPECTFUL TO HIS PARENTS WILL NOT HAVE TRUE RESPECT FOR ANYONE.”

Few things to be considered while treating your parents.

1. Showing tolerance towards parents:

You should try to please your parents and avoid deeds that may hurt their feelings especially when they get older and short tempered. In old age people do tend to make unusual demands and claims but it should be tolerated carefully without any retort in anger or frustration.

2. Service of Parents:

Parents should be served earnestly and with sincerity.

3. Love and Obligation towards your parents.

Love your parents and this love should be regarded as an honour.

“NEVER HURT YOUR PARENTS....

THEY ARE THE REASON WHY YOU ARE WHO YOU ARE...”

Chapter 4: Let Every Fox Take Care Of His Own Tail.



Well I'm writing on this topic because a lot of people I've seen interfere in other's life. People are too quick to judge other people's defect or shortcomings but are reluctant to look internally and evaluate their own. Some people really have nothing better to do than to gossip about others. What's happening in her life? When are you going to get married? , What is your son doing?, Where is her daughter going? Blah blah blah and if nothing is left they'll start talking about maids. OMG!! I just can't handle this.

If one [woman in the](#) society [get](#) to know something about the other person she'll spread the news like [wild](#) fire. Some people never feel ashamed to backbite about their friends. The most dangerous part about gossip is that it steals another person's reputation and people who gossip never care about other's reputation. I think gossip mongers network is faster than our media.

WHY DO PEOPLE GOSSIP?

When someone loves to gossip it is for one or more of the following reasons.

Ignorance

Low self confidence

Envy

Boredom/wasting time

Trying to impress others

HOW TO STOP YOURSELF FROM GOSSIPING?

What about if it's you who's responsible for futile talks?

Hold your breath and recall these tips before saying a word.

1. Remember the most important thing is that you will not gain anything from backbiting or gossiping.

2. Ask yourself.

Would the person I'm about to speak of (about) like what I'm going to say? Would I say it if the person was present? Will I feel good about myself after saying it? You can save yourself from guilt ridden apologies later by simply asking yourself these questions. In addition you can try to think about how you felt (the) last time you found out people were speaking badly or falsely about you.

3. Is it necessary for anyone to know?

Even if it is, does it require your intervention? Instead of gossiping focus on how you can improve your own character and life. "Remember backbiting or gossiping is a bad reflection of your own character."

4. Look for positive vibes in people.

If you really have to talk about someone who's not there, talk about how great, humble, funny, hardworking they are instead of talking about his/her deficiencies; 'we are always quick to

find imperfections in others but not in ourselves.’

Chapter 5: “When you judge others, you do not define them, you define yourself.”

“Don’t judge too harshly, for if your weaknesses were to be placed under your footsteps, most likely you would stumble and fall as well.” – Richelle E. Goodrich



To be judgmental is part of life and it is something that everyone does to some degree or another. There will be some instances where this is seen as good thing and other times when this will be seen as bad or inappropriate.

People are very judgmental nowadays if a girl sits quiet people call her conceited, if a girl talks too much people will call her boorish. If a boy sits at home and often goes out people will call him Lazy and if a boy hangs out with his friends people will call him nasty.

If a girl wears make up even though she’s not a bad girl people will judge her badly. If a girl is outspoken and in some situations she defends the right person people will judge her and call her disreputable.

Judging others is the easiest thing to do. Our society is full of people who always keep judging and talking about others. People, who judge others, most of the time have no idea of situations the others are going through. No one likes being judged or judgmental people. So why not take a step towards positivity and stop judging others.

Making general judgments about a person or people without evidence or much knowledge at all. This normally leads to treating people unjustly, defaming someone, not fulfilling one's duty towards the person judged, an incorrect sense of having knowledge, belittling others, condemning others, creating double standards, etc. People those who judge others are mostly empty from inside.

“Believe me, I know what it’s like to feel all alone...the worst kind of loneliness in the world is isolation that comes from being judged; it can make people lose their grasp on reality.” – Sienna Brook

We live in a world full of people and no matter how kind and loving you are, there will always be someone who will have a problem with you simply because they have a problem with themselves. Don’t take their behaviour personally. Don’t waste your time judging the people who judge you, instead, channel your energy on loving the people who love you. Use your precious time and energy to show your love and appreciation to those who love and adore you. You need to let go of your fear and anxiety of being judged by others.



“You’re going to come across people in your life who will say all the right words at all the right times. But in the end, it’s always their actions you should judge them by. It’s actions, not words, that matter.”

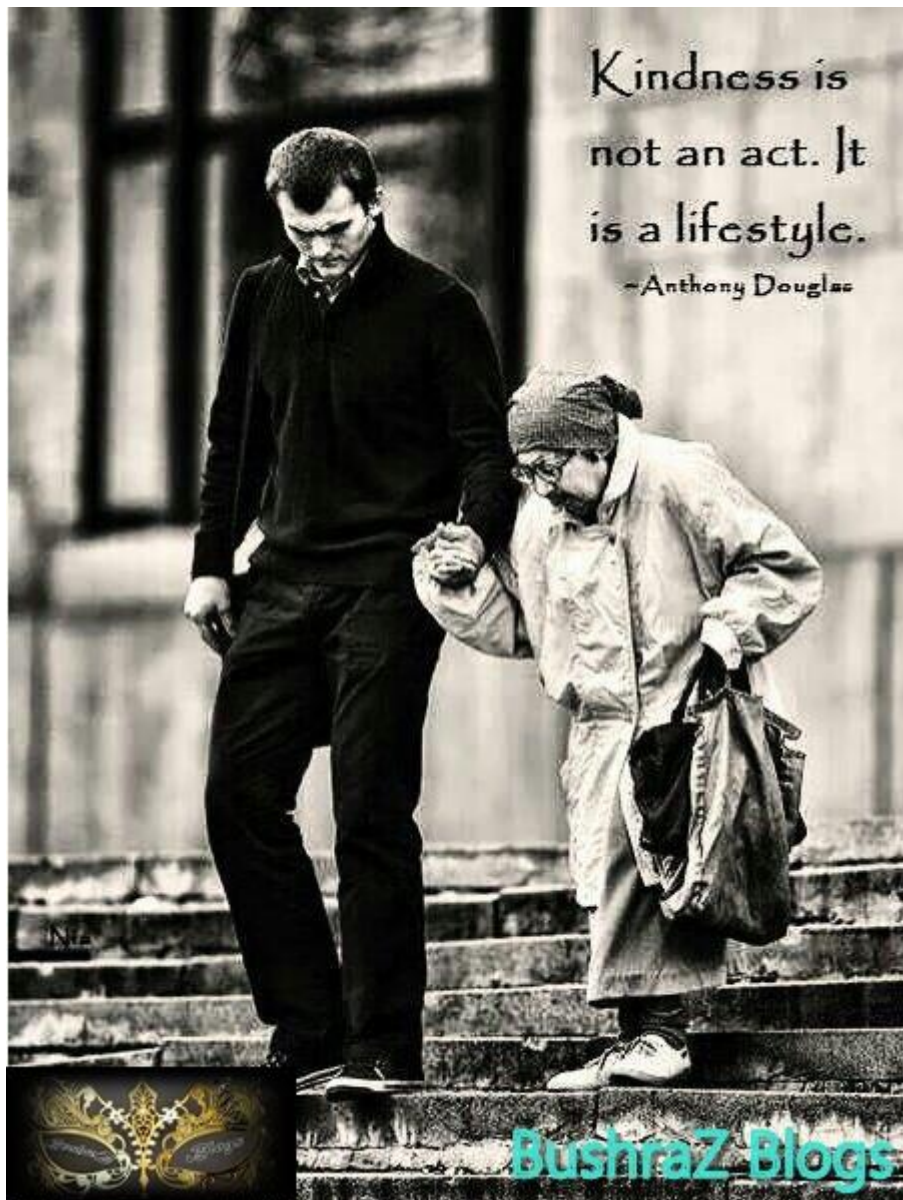
– [Nicholas Sparks](#)

“When you point a finger at someone you also have three fingers pointing at yourself. In simple words you must have a look at yourself at least three times before judging someone else.”

Chapter 6: You don't have to be rich to help someone.

You can have everything you want in life if you just help enough people get what they want in life.”

– Zig Ziglar



All of us have an opportunity to help someone. All you need to do is help one person without expecting nothing in return. That is Humanitarian. You don't have to be rich or famous or educated to help someone.

“No one has ever become poor by giving.”

— Anne Frank,

Make Life easy for others. Ask yourself how best I can help? Be happy for others. Try to encourage people in a positive way. Start with your neighbour. The person that lives right next to you. The kid down the block in your neighbourhood. You just do whatever you can to help in any way that you can. Help yourself by helping others. Your actions show what your heart is made of.

“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.”

– Flora Edwards



Experts in psychology confirm that helping others lead to ease stress, where getting involved in assisting others stimulates excretion of Endorphin, a hormone which helps in feeling psychological comfort and excitement.

“As we work to create light for others, we naturally light our own way.”

— Mary Anne Radmacher

Allan Lex, a former manager of “Health Promotion Institute” in the USA, affirmed that helping others assists in easing the intensity of stress, where helping others lessens one’s thinking of his personal worries and problems and by doing so, he feels psychological comfort.

“Strong people don’t put others down... They lift them up.”

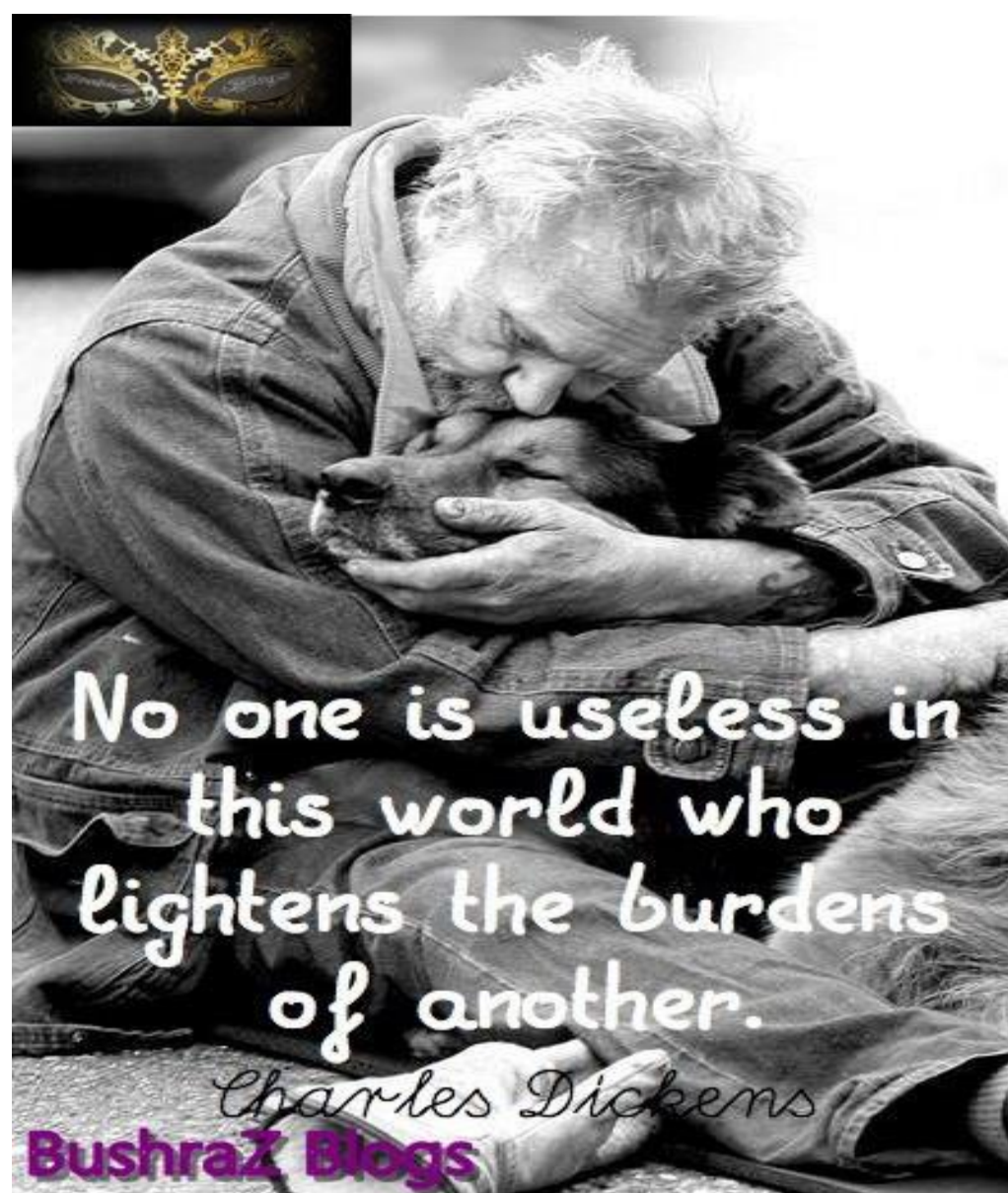
— Michael P. Watson



The researcher pointed out the necessity of availability of three basic terms for helping others to enjoy the positive benefits of offering a hand, assistance should be systematic, offering personal contact between the helper and who asked for help and the latter who asked for help should be from outside the circle of acquaintances, family and friends.

“If you’re not making someone else’s life better, then you’re wasting your time. Your life will become better by making other lives better.”

— Will Smith



Previous scientific studies showed the importance of tolerance, forgiving others and not to take offence... All those lead to improving the efficiency of the immune system in human and therefore protecting them from different diseases. We can say that any good deed we do may help in improving the mood, raising the immune system level and giving the body an extra dose of immunity against diseases and especially stress.

A meaningful life

is not being rich, being popular, being highly educated, or being perfect. It's about being real, being humble, being able to share ourselves and touch the lives of others.



Chapter 7: Dear Parents, Don't fight in front of your children you don't know what they go through when you fight.

“Husbands, Love your wives well! Your children are noticing how you treat her. You are teaching your sons how they should treat a Woman and you are teaching your daughters what they should expect from Men.”



Fighting is not a private matter between a husband and a wife that should be ignored. Fighting and domestic violence can lead to the destruction of a family, which is already so fragile in the current environment. Parents never think that their one small feud or disagreement can lead to a bigger problem for the child.

While fighting parents never think of anything they just keep on abusing each other or in some cases women are abused. When children see their parents fighting constantly they start hating them or feel insecure. Sometimes they even feel that their parents don't care about them.

When parents fight on a regular basis then children's feel uncomfortable with them. Constant feud may cause the disturbance in their lives. Kids who witness their parents arguing a lot at home may struggle in social situations and have trouble making friends. Just another reason to take your conflicts to another room.



- **Children who see their parents arguing or shouting resort to at least one of the following:**
- **They remain completely quite, failing to understand how to react?**
- **They develop a feeling of insecurity**
- **They feel scared of the loud dialogues that parents exchange**
- **They tend to get aggressive and loud in their temperament**
- **They stop enjoying their daily routine, with their friends and in school.**
- **At times, they hold themselves responsible for the fights**

- **The impact on their mind and their personality is intense and long lasting**
Sometimes our negative behaviour forms a part of their personality as well.
- **They feel emotionally threatened and can show signs of depression, anxiety, aggression, hostility.**
- **Sometimes they might even hate the concept of marriage.**
- **“Arguing isn’t communication, its noise.” —Tony Gaskins**

A research indicates that it is not the number of times parents fight that affects the children, it is the extent that parents fight that affects the children. Healthy and respectful arguments are bound to happen and are in fact good for your child. But because parents end up quarrelling nastily, calling names, dragging other family members, quoting past incidents etc. and makeup in silent solitude, the child remembers only the fight, the nasty words and bad mouthing. So don’t you feel it is better when our children don’t see us sorting out things then they don’t see us fighting also? Well, it is essential for the healthy growth of our children.



- **The below steps can help:**
- **Try not to argue in front of the children**
- **If that is always not possible, then we should maintain our dignity and respect for each other.**
- **Never speak badly and rudely in front of your child as he will learn all this from you only.**
- **Don’t make them a part of your argument; never involve them in any of your differences as they might feel stuck on whose side to take and what to speak to the other parent.**
- **Pay attention to your child and his well-being keeping your ego at bay.**
- **Never shout at each other while fighting.**
- **Never insult your spouse in front of your child.**

If you happen to fight in front of your child, make sure you also patch up in front of him. This will reassure your child that you have sorted the problems and are one again. Parenting is not a minor, insignificant matter, but a tremendously important, time-consuming task for which there is, justifiably, the promise of great reward. It is hoped that more and more parents will educate themselves about how children develop, take note of your children’s unique personalities and abilities, and try to find the best way to rear them accordingly.

“Children are gifts. They are not ours for the breaking. They are ours for the making.”
— Dan Pearce

“Dads. It’s time to show our sons how to properly treat a woman. It’s time to show our daughters how a girl should expect to be treated. It’s time to show forgiveness and compassion. It’s time to show our children empathy. It’s time to break social norms and teach a healthier way of life! It’s time to teach good gender roles and to ditch the unnecessary ones. Does it really matter if your son likes the colour pink? Is it going to hurt anybody? Do you not see the damage it inflicts to tell a boy that there is something wrong with him because he likes a certain colour? Do we not see the damage we do in labelling our girls “tomboys” or our boys “feminine” just because they have their own likes and opinions on things? “Things that don’t really matter?”.

— Dan Pearce,

Chapter 8: Your character is so much more important than your looks.

“Some are blessed with the physical and mental facility, but none are more prized than the one who has developed true character.” Greg Henry Quinn

What is GOOD CHARACTER?

The character is something that is intrinsically within a person and is above race, religion, age or gender, and even education and one's personality. Character traits will determine how a person responds or reacts when faced with a certain situation in life. A person with “good character” acts, thinks, and feels in a way that matches some commonly accepted “good” traits, like being honest, respectful, responsible, caring, fair.

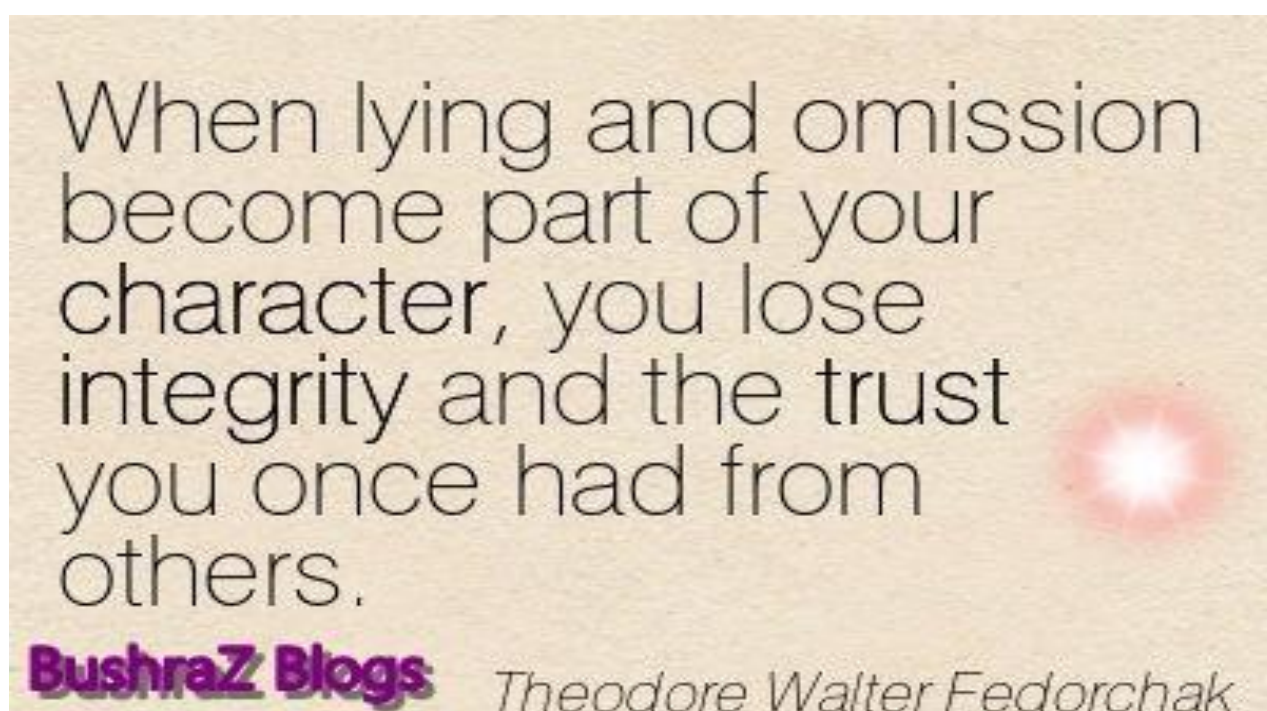
“Your reputation is in the hands of others. That's what a reputation is. You can't control that. The only thing you can control is your character.” Dr Wayne W. Dyer



In today's world of technology, everyone's busy with their social media, TV etc. Nobody cares about developing a character. But I think Character is the most important thing in any person's life. We all need to focus on developing our character. The character is the sum total of all the good qualities in a person. It consists of honesty, truthful speech and dealings, dutiful- nests, diligence, and obedience to parents, teachers and elders. Sincerity, love of mankind, inner goodness and desire to do well to others and to be free from hatred, jealousy and malice are also part of the character. To live in harmony with the people of all religions, races, castes and nations may be added to the characteristics of someone with a good character.

The final forming of a person's character lies in their own hands. Anne Frank

Some Important qualities of a good character.



#Always Speak politely

The first and the most important quality of a person is how he talks to others. We should develop a habit that with whomsoever we speak we should be polite to that person. Speaking can be dangerous. So, we should control our tongue.

Some important points to remember while speaking:

We should speak only if our speech will be good and beneficial.

We should be truthful when we speak and refrain from lying

We should refrain from using bad language or cursing at all time

We should refrain from backbiting

We should not speak about matters that we hear about, without investigation

We should refrain from involvement in senseless arguments in which the sole purpose is to put down others and to show superiority.

“If you want to know what a man’s like, take a good look at how he treats his inferiors, not his equals.” J.K. Rowling

#Respect

Another important quality is to give respect to others and most of the people lack this quality. I have noticed that the respect factor is vanishing from our society. Nobody gives enough respect to one another. Even children today are very disrespectful. While respect is an integral part of our life, experience has proven that in any field of life only those who were respectful to their teachers and seniors excelled in life. Experience has also repeatedly proven that those who are devoid of respect, despite tremendous ability and potential, were largely unsuccessful.



While respect for elders is fast decreasing in general, shocking incidents that regularly come to light indicate the level to which respect for parents has fallen. “Do not even say to your parents “uff.” The word “uff” denotes the slightest degree of displeasure. How can it ever be permissible to talk harshly to one’s parents or to argue with them? Yet, even the unthinkable, is that physical abuse against parents is often reported.

#Honesty

In the 21st century, we live in a world where honesty is valued and yet shunned at the same time. We expect people to be honest in their dealings with us yet we watch and applaud television shows and movies that promote and encourage lying and deceitfulness. Honesty incorporates the concepts of truthfulness and reliability and it resides in all human thought, words, actions and relationships. It is more than just accuracy; it is more than just truthfulness, it denotes integrity or moral soundness.

I can tell from my father’s experience that people nowadays are very unscrupulous. A lot of people betrayed my father in lots of dealings. But a dishonest person never realizes that his dishonesty may cause trouble for him. Be honest, like karma, it will eventually come back to you.

“The greatest truth is Honesty, and the greatest falsehood is Dishonesty.” –Abu Bakr

We must try to improve our character. Improving our character, however, is not at all an easy task. One must go through rigorous self-discipline, monitoring and education in order to reform our entire way of thinking and acting.

When wealth is lost, nothing is lost; when health is lost, something is lost; when a character is lost, all is lost. -Billy Graham

The way to establish a good moral code is to clear our heads of bad ideas and interpretations. We have to teach ourselves different and better ways to analyse ideas and events that we may come across. This may sound easy, but for most of us, it requires intense training and effort.

Let us look at some scenarios for example. Let us say we are going out for a walk. We are walking along and we were stopped by a homeless person who asks us for money for food. Some of us will completely ignore this person and include him in a stereotype. We might think that this person will use the money for cigarettes or alcohol. We might even wonder why this person does not have a job like the rest of us. Enter our new and improved moral code—we can either give this person money for the sake of God or ask him to buy food with it or run over to the nearest fast food restaurant and buy this person a meal. The lesson here is to never turn away a person who asks you for help.



Buy anything from a person from whom nobody's buying anything. You might not like the things he is selling but if you buy it he'll give you good wishes and those good wishes or blessings will help you in the future.

By constant self-discipline and self-control, you can develop greatness of character. - Grenville Kleiser



Hi! I'm a blogger and this is my first book. Writing book is my new passion. I cover all prospects of life. My blogs encouraged me to write a book.

Little Big Things

There are lots of little things in our life which we think are extraneous and we ignore them but they are very big in reality. Little things may include helping someone, dealing with family issues, etc. This book deals with some issues which we face in our daily life.

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